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Dial 1 to leave a message. Dial 2 to repeat this course.

CUPE trying to thwart Athabasca U's plans for 'call-centre' system **PAGE 5**

Manitobans pull together after explosion

Many residents remain without heat for third day **PAGE 8**

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Daredevil doctor killed in 4,000-foot jump in Arizona



Dr. David Stather, left, was described as an "innovator in patient care," a pioneer in advanced computer techniques and the founder of an internationally recognized treatment for lung disease. He worked in the faculty of medicine at the University of Calgary. COURTESY UNIVERSITY OF CALGARY

'Innovator.' Surgeon found dead in red wingsuit near the Grand Canyon



BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Dr. David Stather was remembered Monday as a consummate professional who went "full-throttle" in every endeavour.

The adrenaline-seeking surgeon was killed last weekend during a 4,000-foot BASE jump near the Grand Canyon.

As Stather's death spread across international channels, a University of Calgary colleague recalled hearing hair-raising stories of the expert skydiver's record-setting attempts.

"We always had butterflies in our bellies when we'd hear about his stories," said Dr. Alain Tremblay, who

hired Stather as a pulmonary specialist about a decade ago. However, he added: "We never expected this."

Arizona police say Stather and two friends trekked down dirt roads to a remote place in Navajo tribal territory on Friday.

Det. Pat Barr of the Coconino County Sheriff's office described it as a known spot for BASE jumping. At least one other thrill seeker died in the same area last year, according to police.

Wearing a bright red-coloured jumpsuit, Stather had already twice successfully landed at the bottom of the canyon. But something purportedly went wrong about halfway down his final leap.

Barr suggested the Calgary daredevil misjudged the height of a canyon ridge or didn't have enough lift to clear it.

"That was not his destination," Barr told Metro. "It does not appear as though he even pulled his parachute."

Darkness and a lack of

BASE jumping

BASE jumping is a high-octane sport, similar to skydiving, in which participants jump from fixed objects like buildings and antennas.

visibility prevented a helicopter crew from immediately reaching the 41-year-old doctor. On Saturday, a search-and-rescue crew recovered his body.

Margaret Stather was still grieving the loss of her son when reached at the family's home in Guelph, Ont.

"He loved the outdoors," she said. "That's why he loved Calgary."

Stather studied at top-notch schools across Ontario and took a one-year leave to perform surgery in rural Africa. He wound up doing a fellowship in interventional pulmonary medicine at the U of C and was hired full time after that.

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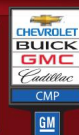
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Roads

Better snow service vowed

After continual snow-clearing complaints from citizens over the past two months, Calgary bureaucrats pledged Monday to improve communication practices and consider keeping contractors on retainer for speedier service in the future.

"Even if (contractors) have the equipment sitting around to help us, they don't necessarily have the people that can man that equipment," roads director Ryan Jestin said of the city's current, relatively ad-hoc arrangement with many private companies. "And so there's a bit of a lag in terms of the need — what we were asking for — and how quickly we can get that."

To avoid those delays, Coun. Shane Keating told Metro he'd be in favour of the city keeping more contractors on a retainer basis, so they're paid whether it snows or not but are available on a moment's notice.

"When we're not using them, yeah, we pay too much," Keating said. "But when we desperately need them, they're well worth the money."

Jestin said Monday city staff would examine that idea further.

He also said the city would re-examine its communication methods after several councillors raised concerns over the flow of snow-clearing information both to themselves and to the public.

A previous council decision reduced the number of staff handling information reporting, Jestin noted, but he also admitted it hasn't been a top priority.

ROBSON FLETCHER/METRO

Vote. City salaries one step closer to the light

Calgary will pursue the publication of some city employees' salaries, but not necessarily all those above \$100,000, after city council voted in favour of the idea Monday.

"This is about our accountability and transparency, not just to the residents of the city — all of them — but primarily to those that pay their taxes and are wanting to have full disclosure on where we invest into the public service," said



Coun. Diane Colley-Urquhart
METRO FILE

Coun. Diane Colley-Urquhart, who introduced the motion.

Initially, she was calling for all salaries above \$100,000 to be made public — as is the case with the Ontario government's "sunshine list" — but

said that threshold was only a starting point for discussion.

About 3,000 city employees earn more than \$100,000 a year, council heard.

Coun. Gian-Carlo Carra amended the original motion to include the examination of "other measures" for determining which salaries get published and how, such as by job type or pay-scale range.

Council voted 12-2 in favour of the amended version, with

Coun. Druh Farrell and Coun. Brian Pincott against.

Pincott said the "sunshine list" is a "horrible term" and, even though it's not specifically included in the motion, he described it as "pejorative."

"It's insulting to the people in the civil service," he said. "It implies wrongdoing."

City administration is to report back to council by September on the matter.

ROBSON FLETCHER/METRO

Make schools a bigger roads priority: Parents

Clearing strategy. Heavy snow, ice has stranded buses and left residents fuming

Their criticisms are sometimes as cold as the blustery storms that turned Calgary's roads into a mixture of slippery patches and foot-deep snow trenches.

"Today, our small buses got stuck on the street and couldn't make (it) into our parking lot," wrote one person involved with Calgary's Ethel M. Johnson School on Mayor Naheed Nenshi's Facebook. "So, we were carrying our children and their wheelchairs down a block and a half to get to the bus.... We can't always hope for and expect a badly needed chinook for (four) weeks to melt all of this!"

As debate drags on among city officials over how best to address future dumps of snow in Calgary, many parents have

Review

City of Calgary roads spokesperson Carissa Vescio says a full review of snow-clearing priorities is planned, but it's unclear whether school-adjacent roads could be moved up the list.

turned online and called for roads adjacent to schools to be bumped up the priority list.

Currently, such streets are considered Priority 3, one level in the snow-clearing pyramid below those routes roamed by Calgary Transit buses.

But parents like Patricia Wheatley say they're fed up with watching yellow buses get stuck. She says her street is essentially "an ice sheet with moguls."

"It's crazy," she said. "There's nothing to plow anymore because they'd have to chip down through three metres of ice."

The Calgary Board of Educa-



School buses like these have struggled with icy patches and snow banks that remain on Calgary roadways. BRYAN WEISMILLER/METRO

tions does take responsibility for clearing its own sidewalks and parking lots at 226 schools, and it admits the frequent blankets of snow this winter have posed challenges.

A question was posed during Monday's city council meeting on efforts being made to clear

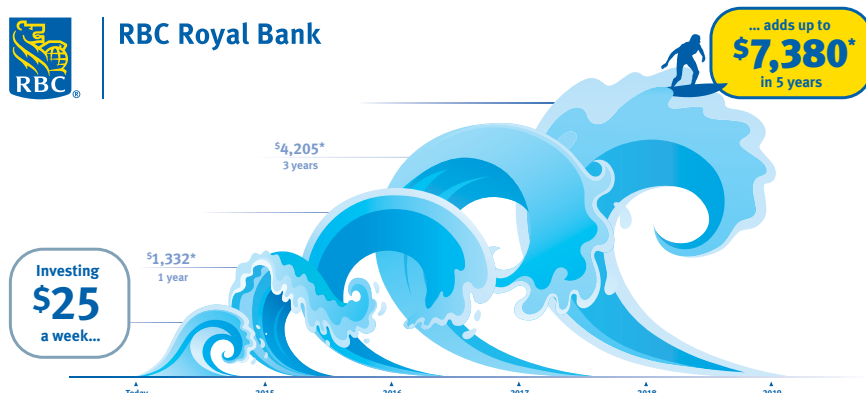
snow from roads near schools and seniors' housing. City roads director Ryan Jestin said crews have been working "pretty diligently ... to get all those areas around schools cleaned from curb to curb if we can."

JEREMY NOLAIS/METRO
WITH FILES FROM ROBSON FLETCHER

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Hockey Alberta to offer accreditation for off-season play

3 months of free-for-all activity. Some veteran hockey school operators question the need for even more hockey

With more amateur hockey players suiting up year-round, Alberta's top officials are crafting their own seal of approval for private spring and summer leagues and training camps.

Early discussion has raised the hackles of some veteran hockey school operators like Mitch Messier, who questioned why anyone would mess with their tried-and-true methods.

"I just don't know how many good ideas they can teach me at this point," said Messier, a former pro player and relative of Mark Messier, the NHL legend who has long run a pres-

tigious camp in Banff.

Hockey Alberta's current season runs from Aug. 1 to April 30, leaving three months of free-for-all activity.

It means there's nothing stopping six- and seven-year-old players from body-checking one another at Mitch Messier's camp — a practice outlawed during the regular season.

"When I grew up there was no such thing as no-body contact (rules)," said Messier, adding it's safer to introduce safe hitting practices at an earlier age.

Program details are still being hashed out on the Hockey Alberta plan.

In broad strokes, Senior Manager Tim Leer said the provincial hockey body wants to add its credibility to approved programs in order to give parents peace of mind.

Coaches would be taught

Hockey Canada-approved player development guidelines.

Leer understands the concerns about extra "baggage," and noted the organization is taking a wider look at what happens when the season wraps up.

"There's a whole gamut of hockey that happens outside the system that we're discussing as an organization," he said.

Sylvan Lake Hockey School — one of North America's largest — is the first and only camp to sign on to the pilot project. "We're the first ones because we're the biggest and we can send the message out ... there is a proper way of doing it," Sylvan Lake camp owner Graham Parsons told Metro.

He's put forward the idea of hosting a summer training retreat for coaches and their families in the central Alberta town. **BRYAN WEISMILLER/METRO**



Novice-level players square off during a January game at Huntington Hills arena. Hockey Alberta officials are now eyeing ways to regulate what happens once their regular season ends. **METRO FILE**

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Sochi. More accountability needed when choosing Games' hosts: Olympian

No stranger to the controversies and security threats surrounding previous Olympics, Calgary's Mark Tewksbury struggled to recall Monday a Games more overshadowed by human-rights violations, apparent corruption and lingering security fears than the upcoming Sochi spectacle.

"Really, I hope the world wakes up," said the former swimming gold-medallist and Canada's Chef de Mission for the 2012 London Summer Games. "We need to have some sort of accountability put into the (International Olympic Committee) for the cities that they choose."

Tewksbury, who is openly gay, has argued that boycotting the Sochi Games would only hurt the athletes, not the host country. Even still, he said he's appalled at Russian legislation barring promotion of homosexuality and public displays of affection.

Reports Monday further fuelled criticism of the host country's unwillingness to accept LGBTQ community members, as Sochi Mayor Anatoly Pakhomov told the BBC's Panorama program there are no homosexuals living in his



Olympic champion swimmer Mark Tewksbury THE CANADIAN PRESS FILE

city because "it's not accepted here."

Tewksbury was scheduled to participate in a talk-show style discussion over the politics of sport Monday night at Mount Royal University as part of the school's Somar Speaker Series.

"There is something really idealistic about bringing the world together under peaceful circumstances through sport and people parking everything for the spirit of sport," Tewksbury said. "But when your host country just can't stop politicizing an issue, it's really impossible not to be pulled into that."

JEREMY NOLAIS/METRO

11-3 council vote for

Calgary looking at finally paving long-standing gravel roads

It's time Calgary seriously considered paving well travelled gravel roads within city limits, council decided Monday.

"These are not all back roads that are not used by the entire community — some of them, buses travel on," said Coun. Gian-Carlo Carra, one of three councillors to put forward a motion calling on city staff to do a cost-benefit analysis of paving such routes.

Councillors voted 11-3 in favour of the motion, which also noted some of Calgary's gravel roads are unbecoming of a "world ranked city."

Coun. Andre Chabot voted against the motion, noting a previous report found maintaining gravel roads to be one-tenth the cost of paved roads.

Landowners who want a gravel road paved already have the ability to do so by splitting the cost with the city through the existing local improvement process, Chabot said. **ROBSON FLETCHER/METRO**

Concerns dialed up over school's 'call-centre model'

Athabasca University. Union balks over looming automated teaching approach

Students at an Alberta distance-learning university will soon be forced to submit homework questions much like they would lodge a complaint over their cellphone bill.

Athabasca University, which

enrolled 5,400 Calgary students in 2012-13, is testing a "call-centre model" in a few science and technology courses starting in February, a move that has prompted the Canadian Union of Public Employees Local 3911 to file a formal grievance with administrators.

"We feel it really impacts the quality of education — it's a cost-saving measure," said representative Yessy Byl.

The model, according to Byl, has students phone in an in-

quiry for assistance with their studies and then sees them given a reference number and put in contact with an "academic expert." In the courses where a higher number of students are enrolled, Byl said one teacher could provide the answer to a question one day, another could provide a different answer the second day and a third could be responsible for marking an assignment or test.

A representative with Athabasca said university officials

could not comment because of the grievance filed by union representatives.

But the call-centre model appears to have divided students.

"I don't think that's a great idea," said Tabi Zoche, a Calgary open-studies student who is taking a few science courses through Athabasca. "I like the personal interaction."

Currently, Zoche deals with one instructor per course, communicating frequently with them over email and phone.

But Amanda Nielsen, president of the university's Graduate Students' Association, said she was involved in a similar model in the past at NAIT and believes the move will aid Athabasca with balancing its budget.

"As long as we can get a model in place that make sense, uses quality services and allows our university to be accessible to everyone, that makes sense," Nielsen said. **JEREMY NOLAIS/METRO**
WITH FILES FROM LEAH GERMAIN



Tabi Zoche FACEBOOK

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Calgary man a million dollars richer after draw

Dean Banman couldn't believe it at first when he scanned his lottery ticket at a Calgary retail shop and the self-serve machine told him he had won \$1 million.

"I scanned it once, and then a second time to double-check," Banman said in a statement released Monday. "I didn't think the machine was reading it right, so I stood in line to get the cashier to check it too."



Dean Banman COURTESY WCLC

The store employee confirmed his Lotto Max ticket was a winner in last Friday's draw.

"She looked at me and asked if I was OK," Banman said. "I told her, 'I think I won a million dollars! I was pretty excited, and a little nervous.'"

Banman's next thought turned to helping his parents.

"I called my dad right away," he said. "I told him to start looking for a house."

He bought his ticket from Young's Variety Shop in Village Square Shopping Centre. **METRO**

Crime

Stabbing sends man to hospital

Police swarmed the area around Stephen Avenue Mall on Monday after an apparent stabbing.

The victim was reportedly stabbed twice amid a dispute with another man and taken to hospital in life-threatening condition.

"It looks like a drug deal gone bad," said Det. Torrey Killam.

A suspect has not yet been found. **METRO**

Heritage. Bridges land historical designation

Mayor Naheed Nenshi and the Calgary Heritage Authority recognized four bridges for their historical significance Monday.

"The plaque program provides an opportunity to recognize important heritage sites throughout our city," heritage authority chair Scott Jolliffe said in a release. "Last year's loss of the iconic Elbow River suspension bridges makes today's recognition of four historic Calgary bridges all the

more relevant."

After completing a historical survey of the city's bridges, the Calgary Heritage Authority added several to the city's "heritage inventory," which can be viewed at calgary.ca/heritage.

Four bridges will receive plaques for their significance. They are the Langevin Bridge, the Hextall Bridge, the Mewata Bridge and the MacDonald Bridge. **METRO**



Coun. Evan Woolley said the recent closure of Melrose Café & Bar on 17 Avenue SW raises questions about whether another large restaurant/bar should move in to the same location. METRO FILE

Small restaurants might get bigger

'Worry too much.'

Proposal aimed at making it easier to open establishments; concerns raised about eateries 'devolving' into rowdy bars



ROBSON FLETCHER

robson.fletcher@metronews.ca

Opening a small restaurant in Calgary could soon be easier as city council pushed forward a plan Monday aimed at making such ventures more financially viable.

"Currently the rule is your neighbourhood restaurant, or your neighbourhood pub, can only be 75 square metres, which is very small," said Mayor Naheed Nenshi, noting the rule only applies in certain commercial locations near residential areas, but not in

places like strip malls, even if they are close to houses.

A venue with that much seating space could hold about 50 to 60 people, which Coun. Gian-Carlo Carra said just isn't economically feasible for many would-be restaurateurs.

Council voted Monday in favour of a proposal that could see the maximum size for areas zoned for a "small restaurant" doubled to 150 square metres, or an altogether new category of "neighbourhood restaurant" created under the city's land-use bylaw to facilitate small businesses like these.

The proposal also includes a stipulation to include "safeguards" so that "restaurant uses cannot devolve into drinking establishments and/or nightclubs" near residential areas.

Coun. Brian Pincott voted against that aspect, saying Calgarians "worry too much" about that.

"I've been to other cities where they have the local, very small neighbourhood bar and they are really vibrant parts of a neighbourhood," he said.

Coun. Evan Woolley also voted against that aspect, saying the city shouldn't limit uses outright and focus on case-by-case enforcement instead.

"For me, it comes down to good operators and bad operators," Woolley said.

But Coun. Druh Farrell said concerns over noise and rowdy behaviour are quite real in her ward.

"In one of my neighbourhoods there is a restaurant that's been operating as a nightclub for years and within our bylaw we've been unable to address this," she said. "That's not vibrancy."

City staff are to report back with a more specific plan for small restaurants by September.

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CIBC

Bank robbery suspect sought

Calgary police are looking for a suspect in connection with a bank robbery Monday.

Officers were called to the CIBC in the 1200 block of 9 Avenue SE after a man entered the premises and indicated he had a weapon and wanted money, police say. The suspect has a pale complexion, a goatee and is balding with blond hair. He wore a purple toque and dark sunglasses. METRO

Southeast

Police investigate rash of break-ins

Calgary police are investigating after a half dozen southeast Calgary homes were broken into over the weekend.

Police say thieves hit six homes in Applewood, including one where the homeowner interrupted one of the suspects, who then fled.

Police are looking for a white male between 20 and 40 years old, six feet tall and 140 pounds. METRO

AHS

Flu shot available for some children

Influenza vaccines will be available for children over six months, said Alberta Health Services Monday.

After securing more of the vaccine, the AHS will be offering the flu shot to children who turned or will turn six months on or after Dec. 1, 2013, through to March 21, 2014.

The shot is also available to children under nine who require a second shot this flu season. METRO

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TransCanada crews work on a gas pipeline leak that occurred outside Otterburne, Man. JOHN WOODS/THE CANADIAN PRESS

Manitobans stay warm after blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville

home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.

TransCanada Pipelines vice-president Karl Johansson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery blast, but Johansson apologized and promised that the company would cover any direct losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the region had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS

Florida

Suspect sought in death of Canadian

Police in South Florida have issued an arrest warrant for Twane Dobard, a suspect in the death of a Canadian tourist whose body was found on a sidewalk.

Hollywood, Fla. police spokesman Lt. Osvaldo Perez says they received a report early Sunday morning about a body along Jefferson Street. He says the man had been stabbed and the death has been ruled a homicide.

The victim has been identified as 58-year-old Domenico Perruccio.

THE ASSOCIATED PRESS

Will it be ready? Canadian course builder leaves 'thrown together' Sochi

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Balfour also doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"This entire place was built in the last few years. It looks nice at first glance but look a little closer and you can see that it was just thrown together."

EMILY JACKSON/METRO IN VANCOUVER



Johnnie Balfour
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A protestor guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine's president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests

and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovich has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovich late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovich resign.

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovich to curb his country's overtures to the West.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovich had offered him on Saturday, the statement said.

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Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo,

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

according to the Britain-based Syrian Observatory for Human Rights monitoring group. That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the

region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, U.N. Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS



Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia on Sunday.

AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Many dead, injured after bus-bulldozer crash

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

French ex-first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years.

THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday.

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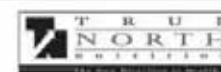
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Netanyahu's son dating a non-Jew from Norway

Israel. News causes uproar from religious lawmakers against intermarriage

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages. It also unleashed an uproar from religious lawmakers opposed to intermarriage, and prompted debate over the Jewish state's relationship with the outside world.

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos



Israeli PM Benjamin Netanyahu, centre, with his sons Yair, background, and Avner, right, at the Western Wall. URIEL SINAI, POOL, FILE/THE ASSOCIATED PRESS

last week and informed her that his son recently visited Norway with his girlfriend, Sandra Leikanger.

A photo of the smiling young couple appeared in Israeli and Norwegian papers.

On Monday, the leader of the ultra-Orthodox Shas party said he believed the

relationship actually caused Netanyahu and his wife great "heartache." Arieh Deri told a local radio station the relationship was no mere personal matter because Netanyahu is a "symbol of the Jewish people."

Netanyahu's office declined to comment, as did Leikanger.

THE ASSOCIATED PRESS

U.S. Supreme Court

No pay to change clothes

The top U.S. court says steelworkers do not have to be paid for time they spend putting on and taking off protective gear they wear on the job.

The court was unanimous Monday in ruling in favour of United States Steel Corp. over workers' claims that they should be paid. **THE ASSOCIATED PRESS**

Journalistic cheat

No law licence for disgraced journalist: Court

The California Supreme Court denied a law licence to a former journalist who was caught fabricating dozens of stories. The court ruled that Stephen Glass, 41, had insufficiently rehabilitated himself in the years since his misdeeds. **THE ASSOCIATED PRESS**

NSA. Spy agencies using apps like Angry Birds to get data, docs suggest

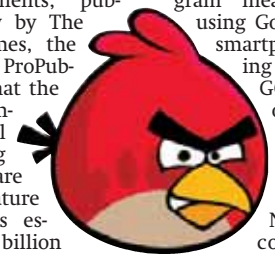
Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.

The documents, published Monday by The New York Times, the Guardian, and ProPublica, suggest that the mapping, gaming, and social networking apps which are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

The size and scope of the program aren't publicly

known, but the reports suggest that U.S. and British intelligence easily get routine access to data generated by apps such as the Angry Birds or Google Maps.

The joint spying program "means that anyone using Google Maps on a smartphone is working in support of a GCHQ system," one document from the British eavesdropping agency is quoted as saying. The NSA said that the communications of those who were not "valid foreign intelligence targets" were not of interest. "Any implication that NSA's foreign intelligence collection is focused on the smartphone or social media communications of everyday Americans is not true," NSA said. **THE ASSOCIATED PRESS**



Consumer rights. Groups call out Bell for data collection of customers

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt out of data sharing, but critics have said that even with personal identities stripped out the information still can be sold to third parties who would get a profile of customers' habits and interests.

studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection.

It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

THE CANADIAN PRESS



Tees, tokens and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and a few buddies registered the Internet domain www.stoner-bowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. THE ASSOCIATED PRESS

Hudson's Bay deal

Saks latest luxury shop lured North

One of Canada's most prominent shopping malls will become a testing ground for luxury retailers after Hudson's Bay announced plans Monday to open a Saks Fifth

Avenue at the Toronto Eaton Centre.

Saks will be just steps away from Nordstrom, another newcomer taking over part of the soon-to-be vacated Sears store. The two retailers join the growing list of notable U.S. retailers that have opened stores in Canada. THE CANADIAN PRESS

Market Minute

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THEY'RE JUST NOT INTO YOU

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one per cent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.



SHE SAYS
Jessica Napier
metronews.ca

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup.

Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the

bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hockey, played Down Under



MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on

the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. **METRO**

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

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TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

@ClothApp:

Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:

Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.



GETTY IMAGES

Twitter

@metropicks asked: A brew coming to B.C. costs \$150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s

would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@ethWynoT: I could see spending \$150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

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DVD review



Rush

Director. Ron Howard

Stars. Daniel Brühl,
Chris Hemsworth,
Olivia Wilde

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing. Extras include deleted scenes and making-of featurettes.

PETER HOWELL

A Great Big World really do have something to say

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on Say Something changed their lives forever

LINDA LABAN
Metro World News

Singing with superstars and performing with supermodels are just two of the many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on The Voice, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song Say Something, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel. "He was like, 'No, I'm too busy,



Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Quoted

"I was really weirded out by how forceful he was, trying to have my friendship."

Chad Vaccarino, talking about how Ian Axel 'stalked' him while they were classmates at NYU's music business program.

I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship,"

he says.

The pair both laugh warmly at the recollection. "Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing

between their original recording of Say Something and the one with Aguilera was just too difficult, so A Great Big World's debut album, Is There Anybody Out There?, which was released in January, includes both cuts.

"I love both versions," says Vaccarino. "I was definitely married to the original, but I love what Christina did: I love that she added this female element. She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line. It's very dramatic."

2 SCENE

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Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking \$1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Face-

book, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Bey's album is too bootylicious for Michelle Williams

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells Us Weekly that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"



Michelle Williams

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB
Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Monteith."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check

one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proof-reader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.



Nigella Lawson

Police won't cross Nigella's white line

British police have decided not to investigate celebrity cook and author Nigella Lawson for admitting illegal drug use in a recent court case.

Police said Monday that "no further action" will be taken.

The 53-year-old Lawson told a court in December that she had used cocaine a handful of times but was not a regular user. She was testifying in the fraud case of two former aides.

A police statement says the decision was based on the need for police action to be "proportionate" and on whether further action would be in the public interest. The statement says further police action might deter victims from being candid with police and courts.

Police say they consulted prosecutors before deciding not to pursue charges.

Quentin ain't gonna to let us Gawk at his script

Quentin Tarantino sued the news and gossip website Gawker on Monday over a post that directed readers to a leaked copy of the Oscar-winning screenwriter's latest script.

Tarantino's lawsuit accuses Gawker Media LLC of copyright infringement for posting a link to the 146-page script for a planned film titled The Hateful Eight last week. A link to the script was posted on Gawker's Defamer blog and remained active on Monday afternoon, despite demands from Tarantino's lawyers to take it down, the lawsuit states.

An email sent to Gawker seeking comment was not immediately returned.

Tarantino blasted the leak last week in an interview with deadline.com and said he would abandon the project as a film. His lawsuit states he planned to publish the



Quentin Tarantino

screenplay and that practice in the past has earned him hefty royalties and advances.

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Review

Keep track of burned calories with Wii Fit U



MIND THE APP
Kris Abel
@Realkrisabel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars

Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.



Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in *Nutrition Journal*. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.



Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. ISTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY

Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it

can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breastfeeding infants need a daily supplement.

It's also impossible to get

all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

What's the healthiest way to Sesame Street?

Bert and Ernie jump rope and munch apples, and Cookie Monster only has his namesake treat once a week. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Six years ago, Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital, started working with the producers of television's Sesame Street on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

U.S. schools were initially reluctant, but the project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

The project, which involved 1,216 children and 928 parents, taught kids healthy habits and about how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities. Parents

were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

The project plans to launch this spring and fall in New York.



New Muppet Dr. Ruster, centre, with, from left, Grover, Rosita, Elmo, Cookie Monster, Ernie and Bert. SESAME WORKSHOP/JOHN BARRETT/THE ASSOCIATED PRESS

3 LIFE

Why you shouldn't borrow for your RRSP

Save instead. As the March 3 RRSP deadline draws closer, you may get a pitch from your bank to borrow to make a contribution

As this year's RRSP deadline draws closer, chances are good that at some point you'll get a pitch from your bank or investment advisor to put some money into your Registered Retirement Savings Plan.

It's a good idea. As we live longer and fewer people can count on company pensions, we'll all need more to live on. So saving as much as possible for retirement should be a top priority. And the earlier you start, the better.

But what to do if you don't have the cash? Is it a good idea to borrow the money to make the March 3 deadline?

It is for the bank. If you borrow the money, you pay interest on the loan and maybe a fee as well. It is also likely you'll be directed to one



Contribute from each pay cheque to your RRSP instead of borrowing. iSTOCK

of their mutual funds, where they earn more for managing the money.

Sure, you'll get a juicy tax refund in the spring. For a middle-income earner, the refund is between 30 to 40 cents on the dollar. That's \$300 to

\$400 back for every \$1,000 that goes into the plan. Even so, here are some things to consider before taking out an RRSP loan:

Why do you need it?

Is it because you don't have

the cash or because you had the money, but didn't have the discipline to save?

"Most people should contribute every pay cheque," says Tom Hamza, president of the Investor Education Fund, a non-profit agency set up by the Ontario Securities Commission.

Setting aside even a little at a time is a heads-you-win, tails-you-break-even decision, setting you up for long-term gains. An annual loan means you're always on the debt treadmill. Hamza's advice if you borrow every year: Skip it this year, clear off the loan and then set up a payroll deduction plan with the same amount. "You'll have a positive habit you can build on," he says. His web site getsmarteraboutmoney.ca has a good borrowing-to-invest primer.

Refund risk

If you find it hard to pay as you go for retirement savings, it may be because you have loans for cars, carry high credit card balances or run up your line of credit. Maybe all three. Those payments eat into your cash

flow. So in a situation like that, can you avoid the temptation to spend the refund?

Vancouver financial planner Diane McCurdy, author of *How Much is Enough?* says borrowing for an RRSP works best if your other debts are small, you are in a high tax bracket — or in a bracket where you pay the same tax year after year.

She tells clients who borrow to use the refund to pay down the loan. Once the loan is paid off, she advises they keep paying the same monthly amount to themselves for the balance of the year. "It means that next year you'll be ahead of the game," she says.

Other debts first

If you have those other debts, borrowing doesn't make sense, even if you have the cash. You'd have to have a pretty high rate of return on the RRSP to make it a good idea. Pay off the other debts first.

RRSP loans aren't tax deductible

Even at today's low interest rates, an RRSP loan at 3.5 per cent still means you have to

earn at least 3.5 per cent on your investments to break even. Sure, the stock market was hot last year with Toronto shares prices up 10 per cent and U.S. stocks up 30 per cent. But in 2011, our market dropped 12 per cent and the U.S. by two per cent. It hurts to be repaying a loan for an investment that's worth less than you started with.

Hasty payment, hasty investment

Lump sums have a habit of burning a hole in our pockets. It may end up in the investment flavour of the season. Far better to have a plan and a gradual approach that smooths out ups and down with regular contributions.

Payment in kind

Finally, if you're short on cash, but have investments in a trading account, consider transferring the shares or fund units into your RRSP. You'll pay tax on the shares or units if you've made a profit, but it will be partly offset by the tax break on the contribution. **TORSTAR NEWS SERVICE**

After so long, why some couples still decide to split

The ubiquitous "Love couldn't keep them together" headlines blanketed social media after news broke that musical duo Captain and Tennille — who are both in their 70s — are divorcing after nearly four decades of marriage. The couple had no children together and no reason was given for the split.

While there are all kinds

of factors at play when partnerships in business and love dissolve, is there anything in particular that can distinguish couples who divorce after decades together?

Markham, Ont.-based registered couples and family therapist Shyamala Kiru said after more than 10 years in practice, it's a pattern she's seeing more frequently — particularly

among retired couples. And anecdotally, from her own practice, Kiru said increasingly it's women who are leaving men later in life.

"This generation that we're looking at is women in their 50s and 60s leaving their partners," said Kiru, chair of public relations for the Ontario Association for Marriage & Family Therapy. "Years ago, it wasn't as OK to make that choice. There weren't as many resources available to women."

She added, "I'm finding that as they're getting at a different stage — whether in the family life cycle or in their career — and they're experiencing a little bit more freedom, they're also experiencing that freedom to make different choices and to think differently about what they want."

Toronto-based couples ther-



Toni Tennille, left, and Daryl Dragon, the singing duo known as Captain and Tennille, pose during an interview at their home in Washoe Valley, Nevada in 1995. The couple are divorcing after nearly four decades. DAVID B. PARKER/THE CANADIAN PRESS

apist Karen Hirscheimer said the question of why any couple breaks up is complicated, but boils down to the primary focus on love, partnership and goodwill getting "lost to other things," cit-

ing resentment, unresolved grievances, neglect and diminished trust as possible examples.

"Now that kids have moved out and moved on, careers are winding down,

and then you actually look at each other and say: 'Wow, we never really dealt with this stuff, and I'm not sure that I would have stayed in this marriage that long.'"

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Kale and Fig Salad's got the goods



PREP
10 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and

pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

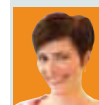
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Health Solutions

Give a fig



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb, add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese

- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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REQUIREMENTS OF THE POSITION:

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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.zip, .sitx, .sit, .sea) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 31, 2014.

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Ski cross

One more shot at medal for Del Bosco

Chris Del Bosco has a chance at redemption.

The 31-year-old was among the six athletes named Monday to Canada's ski cross team for the Sochi Winter Olympics.

Del Bosco appeared to have the bronze medal locked up in the men's final at the 2010 Games in Vancouver, but crashed out trying to make a pass to improve his position.

Joining the Montreal skier on the team are London's Dave Duncan, Calgary's Brady Leman, Kelsey Serwa of Kelowna, B.C., Marielle Thompson of Whistler, B.C., and Georgia Simmerling of West Vancouver, B.C.

THE CANADIAN PRESS

Slopestyle

Injured McMorris 'doing better than we all thought'

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slope-style event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris told The Canadian Press on Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest." **THE CANADIAN PRESS**



Jan Hudec competes during the Audi FIS Alpine Ski World Cup Men's Downhill on Dec. 21, 2013, in Val Gardena, Italy. ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES FOR THE NEW YORK TIMES

Calgary skier adding Olympics to a full plate

Downhill skiing. Jan Hudec's journey to the peak of his sport has prepared him for Sochi

Canadian skier Jan Hudec has considered writing a book about his life. He just doesn't know where to start.

There is certainly plenty of fodder for the 32-year-old Calgary resident. He could write about his family's unique journey to Canada. There are also several stories from his 15-year run on the national alpine team.

Maybe he'll weigh in on his experiences over the last year or two, when Hudec added business owner duties to a plate already quite full with father-

hood and skiing.

"A couple of times I'd be coming home from work at two in the morning, like walking home," he recalled in a recent interview. "Just dicey, and you know, sharing my dinner with homeless guys. They saw me in a suit but I was literally like this close to being in the position that they're in."

"It just brings a lot of things into perspective and keeps you focused."

Hudec now owns an optometry clinic downtown. He is also busy training and skiing on the World Cup circuit as he prepares for the Sochi Olympics, and tries to devote as much time as possible to his seven-year-old son. Oakland.

Hudec was born in Sump-
perk, Czech Republic (then
Czechoslovakia) in 1981 and

Life experience

"He's ... one of the most mentally tough athletes I know."

Canadian teammate Brad Spence

spent his formative years on the slopes in Europe.

His family moved to Canada in 1986 and settled in Alberta. Red Deer was home before the family moved to Banff in 1993 so that Hudec's parents could work at the Mountain Ski Academy.

In 1999, Hudec made the national alpine team and he settled in Calgary in 2002 to pursue more dryland training.

Injuries have been a running theme throughout his career.

He has endured six operations on his right knee and another on his left.

But the skier is feeling pretty good this season, although he has been nursing a sore back of late. He feels the injuries have made him more tenacious and focused both on and off the slopes.

He recently won silver in the super-G at Val Gardena, Italy, one of four top-10 showings so far this season.

Hudec and teammates Erik Guay and Manuel Osborne-Paradis will lead a strong Canadian men's alpine team into Sochi.

The veteran skier said he's excited about returning to the Olympic stage. And he just might generate more material if he does write that book down the road. **THE CANADIAN PRESS**

4 Sports



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Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie mulling a post-NFL championship career change after six seasons



Dominique Rodgers-Cromartie of the Broncos speaks to the media on Monday in Jersey City, N.J.
JEFF ZELEVANSKY/GETTY IMAGES

Dominique Rodgers-Cromartie is 27 years old, right in his prime as an NFL player.

Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted

that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came

out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that." **THE ASSOCIATED PRESS**

NBA. Sizzling Durant caps 41-point night with winner

Kevin Durant scored 41 points, including the game-winning jumper with 1.5 seconds left, and the Oklahoma City Thunder rallied from a 14-point halftime deficit to beat the Atlanta Hawks 111-109 Monday night for their eighth straight victory.

Durant scored 13 in the fourth quarter, including a 16-foot, step-back jumper with 25.5 seconds remaining that put Oklahoma City ahead for the first time since the opening two minutes. Durant's 11-game streak of 30 or more points is the longest in the NBA since Tracy McGrady did it in 14 straight games in March and April 2003. **THE ASSOCIATED PRESS**



Kevin Durant shoots a jumper during his 41-point night in Monday's win over the Hawks. **THE ASSOCIATED PRESS**

Raptors at Nets

Patterson helps steal win in Brooklyn

Patrick Patterson stole Deron Williams' inbound pass and made the go-ahead jumper with six seconds left, and the Toronto Raptors stopped a five-game winning streak by the Brooklyn Nets for the second time this month with a 104-103 victory Monday night.

Brooklyn had a three-point lead with 17 seconds left behind Paul Pierce in his best game with the Nets, but John Salmons scored on a drive with 12 seconds remaining before Brooklyn took its last timeout to move the ball past halfcourt.

Patterson stole the pass and played give-and-go with Kyle Lowry before sinking his jumper. **THE ASSOCIATED PRESS**

Bruins 6, Islanders 3

Bs' one-liner lands on Long Island

The line of Patrice Bergeron, Brad Marchand and Reilly Smith combined for three goals and six assists to lead the Boston Bruins to a seesaw victory over the New York Islanders on Monday.

Canes 3, Blue Jackets 2

It's all Staal's in North Carolina

Jordan Staal scored the tie-breaking goal with 5:55 remaining to help the Carolina Hurricanes rally for a win over the Columbus Blue Jackets. Eric Staal scored twice in the third period as the Hurricanes erased a two-goal deficit.

Avalanche 4, Stars 3

Tanguay delivers dagger in Dallas

Alex Tanguay scored the winning goal early in the third period, and Semyon Varlamov made it stand up in the Colorado Avalanche's victory over the Dallas Stars on Monday night.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

Taurus

April 21 - May 21

You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

Gemini

May 22 - June 21

Make an effort to see things as they are, unclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

Cancer

June 22 - July 23

Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

Leo

July 24 - Aug. 23

Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

Virgo

Aug. 24 - Sept. 23

You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

Scorpio

Oct. 24 - Nov. 22

Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

Capricorn

Dec. 22 - Jan. 20

It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

Aquarius

Jan. 21 - Feb. 19

It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

Pisces

Feb. 20 - March 20

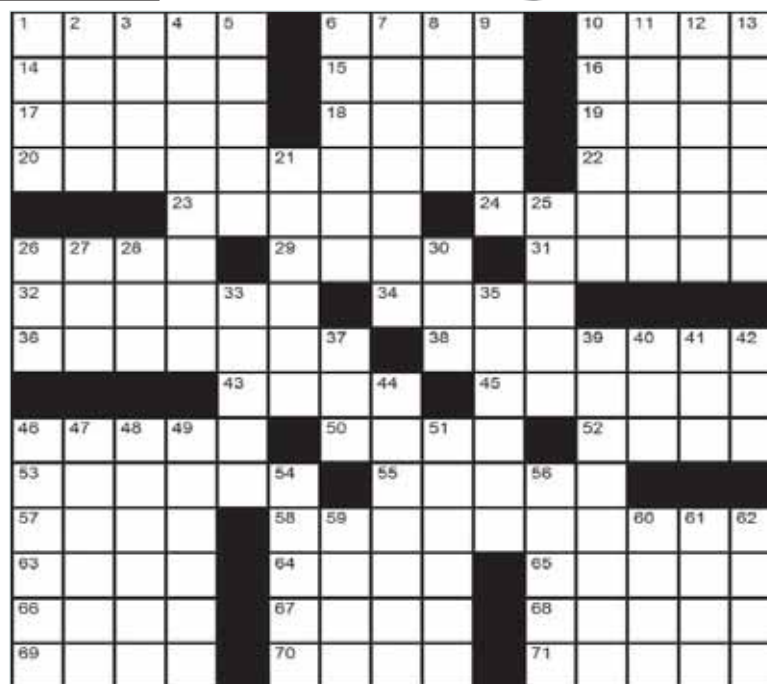
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Squabbles
6. Canned meat
10. Dismal
14. ___-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competition in 1972
20. Canadian snowboarding great/Olympian, Ross ___
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint ___ University
38. One of a cute "Star Trek" alien species
43. Just ___ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character



52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily structure, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. ___ d'Orsay, in Paris

65. Jargon
66. "General Hospital" role
67. Reverse
68. Small hill
69. Attention ___
70. Collar type
71. Female fortune-teller of ancient times

Down

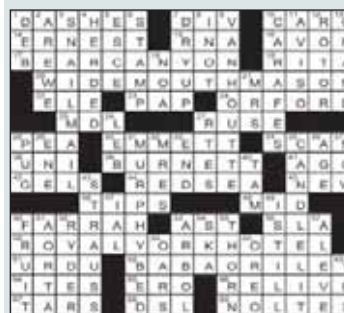
1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. ___ (Irish playwright)
6. 1962 Tommy Roe tune

7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. ___-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary

BY KELLY ANN BUCHANAN

- Jane ___
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael ___ ("Cityline" chef, a Judge on "MasterChef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. Cummings of poetry, et al.
44. Twister
46. The ___ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to ___"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari ___ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword

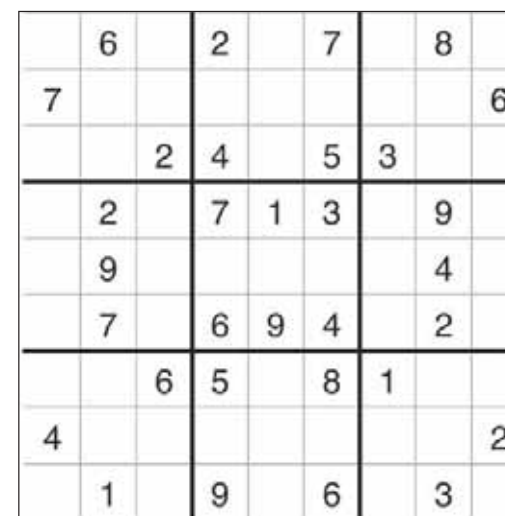


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 6°
MIN: -14°



MAX: -7°
MIN: -7°



MAX: -9°
MIN: -20°



ANDREW SCHULTZ
METEOROLOGIST

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